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Construction worker killed in rooftop fall

EMERGENCY A worker in his 60s was killed yesterday after he fell off the roof of a two-storey townhouse in Kanata.

At around 9:43 a.m., a man in his 60s was replacing shingles on a Pickford Drive townhouse when he stepped backwards and lost his footing, said paramedic spokesman J.P. Trottier. The man was declared dead at the scene.

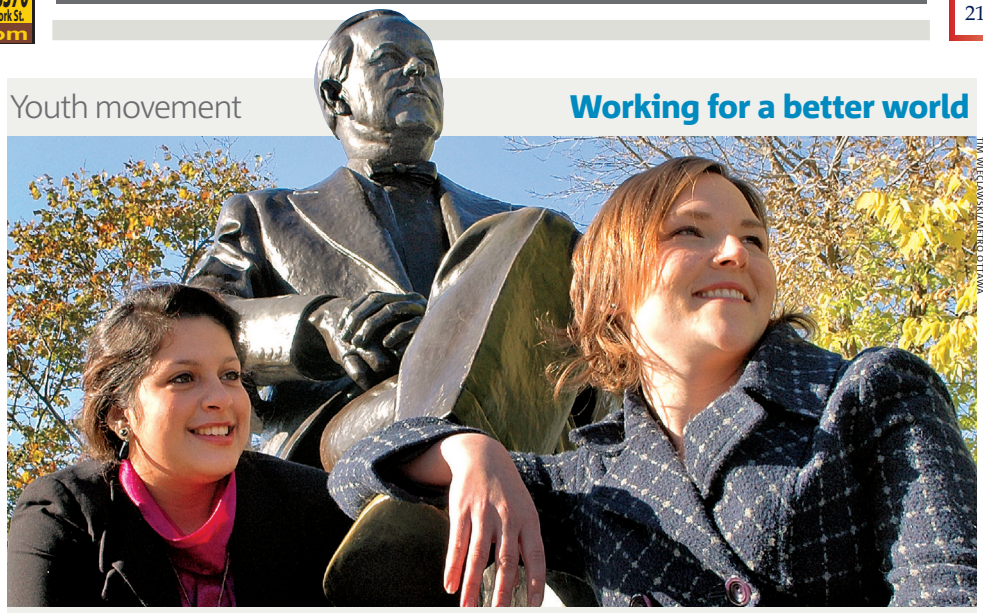
Ottawa police and the Ontario Ministry of Labour are investigating.

While paramedics get called to industrial accidents about once a week, they rarely end in fatalities, Trottier said.

TRACEY TONG/METRO OTTAWA

Youth movement

Working for a better world



JIM WIECLAWSKI/METRO OTTAWA

Sara Eftekhar, 19, left, and Elyse Brazel, 26, are working to promote an international movement aimed at bringing youth from different religious and philosophical backgrounds together to work towards achieving the UN's Millennium Development Goals by 2015. This year, their aim is to work towards eliminating deaths from malaria around the world. Story, page 2.

City mulls LRT line decisions

TRANSIT The city's new rapid transit system will be a light rail transit line, but that could mean a lot of different things.

Selecting the right train involves many different variables. Should it be powered by overhead or underground wires? Would high-capacity cars making fewer trips be better than low-capacity cars that would arrive more frequently?

There is also the question of operating the trains. Should they have conductors or be automated through a central system?

"It's like going to a car dealership. There are many different kinds and models to choose from," said Bay Ward Coun. Alex Cullen, chair of the city's transit committee. "If you look around North America and Europe, you'll see that electric rail comes in different shapes, sizes and has different cost implications."

Tomorrow, city staff will report to the transit committee on the preferred technology for the rapid transit network.

Residents will be able to learn more about that choice, the design for the Downtown Ottawa Transit Tunnel and the first phase of the rapid transit plan at an open house at city hall on Oct. 26.

TIM WIECLAWSKI/METRO OTTAWA

News on the Move

What's this barcode for?
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SmallBusiness

Metro's Small Business Week series will explore current issues affecting small businesses as well as profile successful small business owners. See page 12 for more.

On the web
Visit metronews.ca for news updates

Flu fears stem contact

As Canada prepares to welcome the world to the Winter Olympics with an elbow bump rather than a handshake, concern over swine flu is prompting some people in this country to back away from handshakes and hugs.

Roughly one-third of those surveyed for a Canadian Press Harris-Decima poll said they were less inclined to shake hands because of the H1N1 virus. Even more — 52 per cent — reported that someone else had declined to shake hands with or hug them because they were worried about spreading the virus.

But the poll suggested these precautions aren't new — almost two in three people had declined to touch others in the past for fear of passing along an illness. "Canadians are pretty familiar already with the more polite habit of avoiding things like hugs or handshakes when you or someone you are with has a virus," said Doug Anderson, senior vice-president at Harris-Decima.

"It certainly suggests to me that — as the flu season approaches — that is a practice people are going to be accepting and undertaking themselves."

But Canadians aren't likely to be put off by any germaphobic tendencies, the poll suggested. The vast majority surveyed said they wouldn't be offended if someone refused to shake hands because of the flu.

Just over 1,000 Canadians were surveyed between Oct. 8 and Oct. 12. The poll is considered accurate within 3.1 percentage points, 19 times out of 20.

THE CANADIAN PRESS

Shots shipped

Health Minister Leona Aglukkaq says two million doses of the swine flu vaccine have been shipped to provinces and territories to await final sign-off from Ottawa. The vaccine is undergoing regulatory approval before the government gives the green light to start the flu shots. The Public Health Agency of Canada is aiming to have the vaccine available in early November.

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Local

Chinese Democracy tour in Ottawa

Guns N' Roses is coming to Ottawa in the new year as a part of a Canadian tour announced yesterday. While the rockers will play Scotiabank Place Jan. 31, shows run from Jan. 13 in Winnipeg to Feb. 4 in Halifax. The band — which now includes Axl Rose, left, Frank Ferrer, Tommy Stinson, Richard Fortus, Ron Thal, Dizzy Reed, Chris Pitman and DJ Ashba — is touring in support of the band's latest record, Chinese Democracy, released last year. METRO OTTAWA

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What's online today.

Video Sole survivor of Cougar 491 crash to testify at chopper safety inquiry in N.L., at **metronews.ca/canada**

Video Provinces, territories receive first shipments of H1N1 vaccine says Aglukkaq, at **metronews.ca/canada**

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Schmoozing for charity

United Way seeks 'busy' people

TRACEY TONG
tracey.tong@metronews.ca

Chris Neil knows what it's like to be 30-something and busy.

While many people in their 20s and 30s juggling careers and young families may be too busy to think about how they can help local charities, that's exactly the market Neil — president and chief operating officer of online marketing company Prospectics Inc. and a father of two — is trying to tap.

"The time from age 20 to 40 is a busy time," said the 35-year-old co-chair of the United Way's Next Generation Cabinet. "We can get very disconnected from the community."

To add to the challenge of fundraising, there's definitely a concern that philanthropy is not part of the new demographic, said Neil.

"The concern is that the core base of donors will retire and that base funding for charity will start dwindling away," he said. "Unless we start now by engaging the demographic … that's going to be lost."

Tomorrow night, Next Generation is hosting Schmoozefest at Lago at Dow's Lake, an event that will give people ages 20 to 40 a chance to network with community leaders and fundraise for the United Way's community campaign at the same time.

On the list

- VIPs attending Schmoozefest include Bank of Canada governor Mark Carney, Mayor Larry O'Brien, Ottawa 67's owner Jeff Hunt, The Works founder and owner Ion Aimers and ultra-marathoner Ray Zahab.

TIM WIECLAWSKI/METRO OTTAWA

Emergency crews were called to the Cliff Street heating plant, below the Supreme Court of Canada, shortly after noon yesterday when a boiler exploded, sending three men to hospital.

3 men hurt in boiler explosion

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

An explosion at a heating and cooling plant located below the Supreme Court of Canada yesterday injured three men, one seriously.

The explosion is believed to have occurred in the boiler located in the 1920s-era building shortly after noon.

As of yesterday evening, investigators were unable to access the building to determine the specific cause of the explosion.

Ottawa fire Chief of Special Operations Kim Ayotte said the explosion caused substantial damage to the inside of the building and there were concerns of the potential of collapse, which prompted the evacuation of all 27 workers in the building.

Paramedics treated three men when they arrived at the scene.

The most badly injured was a 51-year-old male with second-degree burns to 60 per cent of his body and a large laceration to his head.

The heating portion of the plant is comprised of six large high-pressure steam boilers that provide heat to government buildings along Wellington Street, including Parliament Hill.

News in brief

ROBBERY Police are seeking the public's aid in identifying a man after a robbery. Police said on Oct. 13, a male ordered some items from a Laurier Avenue Tim Hortons. When the clerk opened the till, an undisclosed amount of money was stolen.

CHILD CARE Yesterday was the official groundbreaking for one of the first LEED Silver-certified child-care centres in Canada, the new Huron Early Learning Centre at 24 Capilano Dr. METRO OTTAWA

Women want to get youth involved in achieving UN goals

Elyse Brazel and Sara Eftekhar have big plans for World Malaria Day.

The two women hope to bring thousands of people out to a large-scale event on Parliament Hill next April 25 to raise awareness and funds to help eradicate malaria.

The two women are part of a group of 30 young people working around the world as part of the Faiths Act Fellowship program.

Over the next eight months, Brazel, 26, and Eftekhar, 19, are hoping to bring Ottawa youth from different religious and philosophical backgrounds together for various community service projects that work towards achieving the UN's Millennium Development Goals by 2015.

TIM WIECLAWSKI/METRO OTTAWA

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Alleged Ponzi schemer's case postponed

A Montreal financial planner charged with bilking unsuspecting clients out of millions of dollars has seen his case postponed until early December. Alleged Ponzi schemer Earl Jones was not present as the Crown and defence agreed in a Montreal courtroom yesterday to put off the case until Dec. 4. THE CANADIAN PRESS

Canada

Landry pushes for Bill 101 extension

Former Quebec premier Bernard Landry has joined a campaign aimed at extending the province's language law to get more students attending junior college in French. Landry and a coalition of hardline nationalists want to reduce the number of students who go to English post-secondary institutions. Under Bill 101, new immigrants to Quebec are required to attend French elementary and secondary schools but are free to go to either an English or French junior college. THE CANADIAN PRESS

MacKay wants answers on torture warning

POLITICS Defence Minister Peter MacKay says he intends to find out why reports warning of the possible torture of Afghan prisoners early in the Kandahar mission never made it to his desk.

He says neither he, nor his deputy minister ever saw diplomat Richard Colvin's reports that were circulated widely within both the departments of Foreign Affairs and National Defence, as well as among senior military commanders.

For over a year after the reports were filed, the Conservative government maintained it knew nothing of possible prisoner abuse.

Both Prime Minister Stephen Harper and former defence minister Gordon O'Connor also say they never saw the warnings. There has been no comment from the top military brass.

THE CANADIAN PRESS

Backlash

- All three opposition parties demanded answers in question period yesterday, saying they find it hard to believe that such stark human-rights abuse warnings could have been ignored by senior officials and not passed along to their ministers.

News in brief

CONTRACT All three opposition parties are demanding to know how a Montreal engineering firm with a Tory senator on its payroll landed a federal contract. Senator Leo Housakos worked for BPR, part of a consortium that won a $1.4 million contract to study the aging Champlain Bridge between Ottawa and Gatineau.

TFSA The federal government is changing the rules regarding tax-free savings accounts to close several loopholes. The proposed amendments will make any income attributable to deliberate overcontributions and prohibited investments subject to the rules in the Income Tax Act.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

A law enforcement officer, left, appears to have a weapon trained on would-be migrants pictured through the tinted windows of a bus as it and another bus are escorted by RCMP officers and B.C. Sheriff's vehicles through Delta en route to an undisclosed location.

No info on identities

Safety minister says 76 men from ship could be Sri Lankans

Canada Border Services Agency still hasn't disclosed information on the identities of 76 men whose small cargo ship was intercepted off the West Coast on Friday.

The men are being held at a Vancouver jail and will likely have their initial detention reviews before the Immigration and Refugee Board later this week.

Public Safety Minister Peter Van Loan has said they might be from Sri Lanka, and a spokesman for the Canadian Tamil Congress said he believes they're Tamils fleeing continued persecution five months after a bloody civil war ended.

Roy Ratnavel says Tamil men aged 15 to 45 are most likely to be imprisoned, tortured or killed as the Sri Lankan government tries to pacify the island's Tamil Nadu region.

Canada has one of the largest population of Tamils outside Sri Lanka, which makes it a likely destination for would-be refugees.

However, Canada has also declared the separatist Tamil Tigers a terrorist organization, meaning anyone who fought for the Tigers would be barred from gaining refugee status.

THE CANADIAN PRESS

Wife awaits word on journalist

RELEASED The hospitalized, pregnant wife of an Iranian-Canadian journalist freed from a Tehran jail still hasn't received word on whether her husband will be at her side in London when she's scheduled to give birth next week, a family member said yesterday.

Maziar Bahari, 42, was released on bail Saturday after spending nearly four months behind bars following his June 21 arrest while covering the unrest following the disputed Iranian presidential election. A woman who identified herself as Bahari's sister-in-law said the family has not heard anything about whether the reporter can leave Iran to be reunited with his wife. THE CANADIAN PRESS

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Windsor casino laying off 120

Windsor's casino is laying off 120 unionized and non-union employees. Caesars Windsor says 110 of those workers are unionized. A small number of others are being moved to different roles, including to part time. THE CANADIAN PRESS

No compensation for torture victims

DECISION The federal government has rejected a call from MPs to compensate three Canadians tortured overseas.

In a response issued late yesterday, the government said it "would be inappropriate" to do so because the three men are suing federal agencies.

The House of Commons public safety committee said in June the government should do "everything necessary" to remove false allegations about the men and their families in records held by national security agencies. The MPs also recommended apologies and compensation for the three, who were brutalized in Syrian prison cells.

Last year a federal inquiry found Canadian officials contributed to the torture of Abdullah Almalki, Ahmad El Maati and Muayyed Nureddin by sharing information with foreign agencies. THE CANADIAN PRESS

Costs of bill still unknown

Tories look to abolish 2-for-1 credit for jail time served pre-sentence

Parliamentarians are in the final stages of passing a prison-sentence bill without fully understanding the price tag or the repercussions on prison conditions — despite some estimates the measures could cost hundreds of millions of dollars.

Bill C-25 would put an end to the common practice of giving criminals a two-for-one credit for time served in jail before being sentenced. Instead, the bill would have judges give them a straight one-for-one credit for time served.

But MPs and senators have not been able to figure out how much it will cost to implement, or gauge how the prison population will be affected.

Officials have costed the proposal, but say they can't release the numbers because of cabinet confidentiality. Data from Statistics Canada, however, point to at least a 10 per cent increase in the federal prison population, and costs well over $100 million a year.

The Conservatives argue that prisoners are gaming the system to get out of jail early. They claim that many unsentenced prisoners fight to stay in remand longer, so they can avoid long stays in sentenced custody. THE CANADIAN PRESS

News in brief

MEDAL Every Canadian soldier who has died in Afghanistan will be recognized with a Sacrifice Medal under newly revised criteria released yesterday by Defence Minister Peter MacKay. He says the first awards ceremony for the new medal will take place sometime later this year. THE CANADIAN PRESS

Routine upgrades justifying 'propaganda' signs: Grits

OTTAWA The Harper government is plastering signs promoting its economic action plan on federal buildings that are receiving what Liberals say is routine maintenance.

Liberal MP Wayne Easter says a huge "propaganda" sign has been posted outside an RCMP building in Charlottetown, where door knobs are being installed.

"That seems to me like it should be regular maintenance," Easter told a news conference yesterday.

"For every (time Prime Minister Stephen Harper) screws a light bulb in a building, he'll probably have a sign out in front of it and it's your money."

The generic signs posted on projects trumpet the economic action plan but don't specify the work being done. Liberal MP David McGuinty suggested the ploy is aimed more at boosting the governing party's popularity.

But a spokesman for Harper defended spending stimulus funds on things like door knobs.

"This maintenance work might not be glamorous ... but it is work that can be done right now, which means that stimulus is being put into the economy," said Andrew MacDougall. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal MP Wayne Easter holds up a door knob in Ottawa yesterday. He pointed out that the Conservatives are placing economic action plan signs in front of government buildings that have only had routine upgrades such as door knob replacements.

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U.S. pig tests positive for H1N1

At least one pig in the U.S. has tested positive for the H1N1 virus, the U.S. Department of Agriculture said yesterday, the country's first case of a pig contracting the virus. THE ASSOCIATED PRESS

World

MUSADEQ SADEQ/THE ASSOCIATED PRESS

Chairman of the UN-backed Electoral Complaints Commission Grant Kippen speaks in Kabul yesterday.

Fraud confirmed

Uncertainty clouds possible Afghan runoff election

Hundreds of thousands of votes cast in Afghanistan's presidential election will be thrown out of the final count after a Canadian-run United Nations panel confirmed yesterday the August contest was marred by widespread fraud.

The Electoral Complaints Commission, which is headed by Ottawa's Grant Kippen, submitted a report that sources say pushes incumbent Hamid Karzai's share of the vote below the 50 per cent threshold needed to prevent a runoff.

"We found a significant amount of fraud in the sample we looked at," Kippen said. It's up to the Independent Election Commission, however — a body over which Karzai wields influence — to decide whether or not to order a second round of balloting between the incumbent and his challenger, former foreign minister Abdullah Abdullah.

Speculation has been rampant that Karzai may not accept the ECC's conclusions. However, U.S. Secretary of State Hillary Clinton said the suspense would end today.

"(Karzai) is going to announce his intentions," Clinton said. "I am going to let him do that, but I am encouraged at the direction the situation is moving."

Clinton declined to say whether the Afghan president has decided to accept the ECC's recommendation and agree to a runoff.

Prime Minister Stephen Harper also spoke yesterday with Karzai and urged him to "maintain an unqualified commitment to the constitutional democratic process in Afghanistan," spokesman Dmitri Soudas said in an email. THE CANADIAN PRESS

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News in brief

SUDAN President Barack Obama said yesterday that the U.S. will shift its policy toward Sudan to one based on working with their government instead of isolating it. Still, he said he will renew tough sanctions against them later this week. UN officials say war in Sudan has claimed at least 300,000 lives from violence and disease. They say some 2.7 million people were driven from their homes and at its height in 2003-2005, it was the world's worst humanitarian crisis.

KENYA A police official says an unknown number of people are trapped in the rubble of a collapsed building in the country's capital, Nairobi. Yesterday's disaster comes a week after an architectural association reported 65 per cent of structures in the country did not meet required standards. THE ASSOCIATED PRESS

No charges yet in balloon case

BALLOON Authorities investigating the Colorado family accused of perpetrating a hoax over their son's feared disappearance in a balloon to promote a reality show said yesterday they don't expect to bring possible charges until at least next week.

It will then be up to prosecutors to decide whether to file charges against Richard Heene or his wife, Mayumi.

The couple's lawyer, David Lane, has stressed the Heenes are willing to turn themselves in to avoid the spectacle of a public arrest.

Investigators say they want to question an associate of Richard Heene after emails surfaced showing the two discussed a balloon hoax months ago for publicity for the reality show.

Robert Thomas of Denver claimed Heene had told him he was planning a media stunt to promote a proposed reality show.

Thomas sold his story to blog Gawker.com and provided the website with email exchanges between him and Heene. Thomas said the show would feature Heene as a mad scientist who carries out various scientific experiments. THE ASSOCIATED PRESS

Next week?

- Larimer County sheriff's spokeswoman Eloise Campanella said that investigators don't anticipate finishing their reports and presenting them to the district attorney's office until next week.

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Shanty teardown leads to riots

A riot broke out on the eastern edge of Algeria's capital yesterday after police moved in to tear down squatters' shanties. THE ASSOCIATED PRESS

Iran talks get off to 'good start': Official

Talks to persuade Iran to move most of its enriched uranium out of the country have gotten off to a "good start," the head of the UN nuclear agency said yesterday.

The comments by Mohamed ElBaradei, who heads the International Atomic Energy Agency, were significant because Iran earlier had signalled it would not meet Western demands for a deal under which it would send most of its enriched material abroad — a move that would delay its ability to potentially make a nuclear bomb.

Uranium

- Western officials were attempting yesterday to implement what they said Iran had agreed to during Oct. 1 talks in Geneva — letting a foreign country, most likely Russia, turn most of its low-enriched uranium into higher grades to fuel its small research reactor in Tehran.

Tehran has said it needs enriched uranium for nuclear fuel. But the West fears it could be used to make weapons, and the U.S. says Iran is now one to six years away from being able to do so.

Yesterday's Vienna talks between Iran and the U.S., Russia and France were focused on a technical issue with huge strategic ramifications — whether Iran is ready to farm out some of its uranium enrichment program to a foreign country.

ElBaradei appeared cautiously optimistic after the first day of closed meetings, saying most technical issues had been discussed and the parties would meet again this morning.

THE ASSOCIATED PRESS

Firemen **On strike**

CHRISTOPHER FURLONG/GETTY IMAGES

Firefighters from the Fire Brigades Union walk out to start their first 24-hour strike outside the Fire Brigade headquarters yesterday in Sheffield, England. Firefighters in South Yorkshire are in dispute after 744 employees were threatened with dismissal if they did not accept new employment contracts to work 12-hour day and night shifts.

President vows to crack down on Brazil's drug traffickers

PROMISE Brazil's president promised yesterday to battle drug traffickers who triggered a weekend of bloody chaos that killed 21 people in Rio de Janeiro just two weeks after the city won the 2016 Olympic games.

"We'll do anything it takes and make all necessary sacrifices so we can clean up the mess that these people are imposing on Brazil," President Luiz Inacio Lula da Silva said.

Rio police said the death toll from weekend clashes between rival gangs had risen from 14 to 21 because more bodies were found in the Morro dos Macacos slum, where the shooting also downed a police helicopter, killing three officers.

"We'll do anything it takes and make all necessary sacrifices so we can clean up the mess." President Luiz Inacio Lula da Silva

Silva said the federal government will provide more funding to state authorities to combat the drug gangs that control many of Rio's 1,000 slums, and will give police a bulletproof helicopter.

THE ASSOCIATED PRESS

Three suspended in French cash-for-diplomas scandal

PARIS France's education minister has suspended the University of Toulon's president and two other administrators for allegedly trying to stymie an investigation into a cash-for-diplomas scandal involving Chinese students.

Valerie Pecresse said yesterday that Laroussi Oueslati and the two others tried to block a ministry investigation into the affair using "pressure, intimidation's and threats."

Oueslati denies the allegations, saying the inquiry was not hindered.

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Comment

Hypocritical haunting

In covering the Liberals a decade ago, I kept a file entitled "abuse of power." Over the years it grew in size. In it were reports of opposition Conservatives lambasting the Grits every step of the way — and promising a new way.

Today I keep an abuse of power file on the Conservatives. It doesn't have the same heft as the Liberal one, but it is growing rapidly, making unimaginable gains. Unimaginable because these same Tories watched the Grits fall from power largely because of corruption-related activities and promised the cleanup.

The cleanup? Let us behold this last month for example.

There's the revelation of Conservatives putting their names or party logos on stimulus funding cheques — cheques from taxpayer money, not their own.

There's the revelation they engaged in blatant favouritism by directing the great bulk of stimulus funding to their own ridings. Example: Peter MacKay's Conservative riding in Nova Scotia got $87 million in stimulus grants, more than all five Liberal ridings in the province combined.

There's the revelation that in making a recent economic update the Tories spent more than $100,000 to turn it into a campaign-style rally for the party.

The disclosures are not entirely surprising. The Conservatives began to abuse power before they even came to power. It was discovered that during the 2006 campaign — while Stephen Harper was pledging a new era of accountability — his political machine was operating a sly in-and-out scheme that camouflaged expenditures so as to allow his party to spend more than entitled under election regulations.

Many examples of abuse of power followed. But the Conservatives didn't suffer much. They could always point to the Liberal record.

That's what Transport Minister John Baird did in the Commons yesterday — You guys did it, so it's all right for us to do it.

Charming.

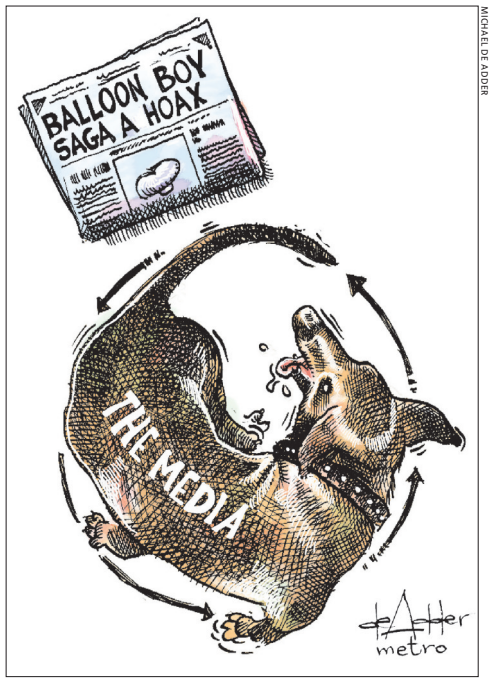
If the Harper machine didn't have anything to hide, it wouldn't hide it. But reporters trying to get detailed information here are being stonewalled.

Back in Jean Chrétien's day, there was a similar stimulus spending controversy over a program called Transitional Job Funds. It led to Jason Kenney calling Chrétien "the king of pork."

History stunningly repeats itself. It isn't as bad in that the Harper machine has nothing as serious as a sponsorship scandal on its hands. But it's just as bad, if not worse, in that this is the prime minister who promised a new way.

He may well be haunted for hypocritically giving us the old.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

CanWest provides an important lesson

CanWest Global Communications will suffer yet another financial humiliation Nov. 13. That's the day the company's shares, each of which currently trades for less than the cost of a handful of Skittles, will be delisted on the Toronto Stock Exchange. CanWest was once a champion of media convergence. Today, it is a distressed company that is an example of enforced divergence, thanks to economic circumstances and hard-nosed creditors.

CanWest's disintegration has been predictable for some time. When you pile on about $4 billion in debt and rely on cyclical businesses like broadcasting or newspapers, whose fundamental business models are being reshaped by rapidly changing technology, you're very likely to run out of cash.

But while the company's descent into bankruptcy protection is an extreme case study in overambitious growth by acquisition, it should serve as a warning to the many companies that have increasingly relied on mergers and acquisitions to fuel growth rather than building from the inside out.

Particularly in the past decade, Canadian companies have been gobbling up competitors at home and abroad. The pressure to do so is obvious: If you don't indulge in the consolidation binge, your rivals surely will, and they will digest you in the process.

This voracious survival imperative has to be balanced against the risks of acquisitiveness. The company you want to buy may not want to be bought, and the ensuing fight may well make an eventual deal far more costly than originally intended.

If a Canadian company is buying a firm in the U.S., it will face much tougher compliance and legal requirements, and markets that, while superficially comparable to those in Canada, may be very different in practice. And the way an acquisition is financed is pivotal. If it can be done readily from operating cash, fine, but if the balance sheet sinks under added debt, that's another matter.

Despite the risks, Canadian companies have healthy appetites. In the five years ended in 2008, they consummated 6,684 deals worth $587.6 billion, according to figures compiled by investment banker Crosbie & Co. In most years, close to half the value of acquisitions consist of Canadian companies either buying foreign-owned firms either here or abroad, usually in the U.S.

Who says we're not risk takers?

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Letters

Transit riders should be more courteous of others

I ride the bus daily. I need to share how appalled I am at many of the citizens of Ottawa that ride the buses — the people that sit in priority seats and will not give up their seat for the elderly, pregnant or even the blind.

The people I am addressing are, for the most part, working-age adults, strong and able-bodied. These people bury their noses in a book and are totally oblivious to their surroundings. When you sit in these seats, expect that you may need to move, so please pay attention. When a blind person entered the bus once, the driver asked that someone in the priority seats make room for him ... no one made a move.

Recently, while riding the 68 to Kanata an elderly couple entered.

I was in a priority seat as it was the only available seat. I immediately offered my seat to them, thinking another person would as well ... but no one else offered the gentleman a place. I was sad and angered at this lack of respect.

As adults we are supposed to be the role models — what will life be like for us as we become the elderly?

SUE QUINN, OTTAWA

There are better ways to trim a country's deficit

Re: Higher taxes may be the only solution (Oct. 13)

Charles Davies suggests that to reduce the national deficit, the federal government will likely have to raise taxes.

Certainly that will be the likely solution of politicians, which serves to remind us that today's deficits are really tomorrow's taxes.

Of course, raising taxes is not the only way to trim the deficit. A better way is for the government to cut its spending, not ours.

As former U.S. president Ronald Reagan, once said, "The problem is not that people are taxed too little, the problem is that government spends too much."

GERRY NICHOLLS, OAKVILLE, ONT.

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IBM places Senior VP on leave after scandal

IBM Corp. has placed senior vice-president Robert Moffat on leave after he was charged in an insider trading scandal for allegedly leaking secrets about IBM's earnings and financial dealings with corporate partners. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 97.15¢	US $4.83	US $79.61	11,538.39
US 0.83¢	US 5.2¢	US $1.08	33.63

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

National securities regulator coming?

Court may spur compromise: Ex-minister

Ottawa may be able to reach a compromise agreement on a national securities regulator once the Supreme Court of Canada rules on a judicial reference by the federal government, a former Quebec intergovernmental affairs minister says.

Benoit Pelletier, now a University of Ottawa law professor, said yesterday the federal government made a strategically wise move in deciding to ask the country's highest court to rule on the plan before creating the regulator.

Justice Minister Rob Nicholson announced late Friday that the government will seek an opinion from the court on the constitutionality of the proposed Canadian securities legislation that is expected to be ready by next spring.

Pelletier said he expects the Quebec government to withdraw its reference to the Quebec Court of Appeal or for the court to refuse to hear it.

THE CANADIAN PRESS

Opposition

- Quebec and Alberta, home to two of Canada's biggest securities industries, have opposed the creation of a national regulator. Ontario called for a national regulator a while ago and British Columbia has come on board more recently.

Gannett Ad sales dropping

CHUCK BURTON/THE ASSOCIATED PRESS

In this September photo, a USA Today newspaper box is shown in Charlotte, N.C. Cost cutting produced a solidly profitable third quarter for Gannett Co., but the financial results released yesterday for the United States' largest newspaper publisher show another big decline in ad revenue.

Fed chief calls on U.S. to deal with record deficits

ECONOMY U.S. Federal Reserve chairman Ben Bernanke yesterday called for the United States to whittle down its record-high budget deficits and for countries like China to get their consumers to spend more, moves that would help combat skewed global trade and investment flows that contributed to the financial crisis.

Bernanke's remarks to a Fed conference in Santa Barbara, Calif., comes just days after the federal government on Friday reported a $1.42-trillion deficit for 2009 budget year that ended Sept. 30.

The Fed chief's comments echo recent pledges made by leaders of the Group of 20 nations.

THE ASSOCIATED PRESS

Deficit

- The previous year's deficit for the U.S. was $459 billion.

News in brief

UNION The United Steelworkers union says miner Vale Inco has undercut the union's capacity to enforce a strike by forcing some non-striking members to do the work of picketing employees in Sudbury. THE CANADIAN PRESS

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Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Benefit of loonie's rise

AlisonOnMoney

Seven years ago the loonie had sunk to 62 cents against the greenback. U.S. holidays, cross-border shopping and online purchases evaporated like a drop of water under a hot sun.

Never again, most declared, would the loonie be at par, or even close to it, with the greenback. We were all reconciled to a 75 or 80 cent Canuck buck — which the economists called "fair value."

Then came not only par but beyond in late November 2007, as the loonie soared to over $1.08 before falling back down to 80 cents. Now, here we are, back in the high 90s. Par is starting to look attainable again.

In the seven years since our currency went from vincible to invincible, lots of people have wondered how to take advantage of the swings. One of the easiest ways is to open a U.S. dollar account.

If you travel to the U.S. frequently, expect to take trips south of the border in the future or are planning a visit to countries like Mexico where the greenback reigns, then it makes sense to convert some loonies now.

Yes, we may rise above par but predicting currency peaks and valleys is something not even the foreign exchange traders do with much success. By purchasing U.S. dollars now you are creating your own mini-hedging strategy, protecting yourself against precipitous drops in the Canadian dollar.

Even if you don't expect to leave Canada, it is still a great time to start a small, U.S. dollar nest egg for online purchases, for example. Another reason to do so is if you have dependent children who may cross the border for shopping, sporting events, holidays or education.

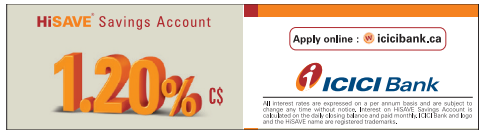
Before you open a U.S. dollar account check the fees. Some banks waive maintenance fees and give you a couple of transactions free each month with a minimum balance of from $200 to $1,000.

Playing the currency game is a high wire act but when the loonie is strong it's an excellent time to put grab some greenbacks for future needs.

Alison's Money Rule:

- You can't predict currency swings but you can benefit from the loonie-greenback roller coaster, regardless of which direction it goes.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



Transferring shares to TFSA

MoneyMatters

Q Can I transfer income trust shares to a new Tax Free Savings Account?
— Shirley

A Although the shares have not been sold, the transfer of shares from a non-RRSP account to a registered account will trigger a deemed disposition of the shares at fair market value. If the fair market value is greater than the original cost, a capital gain must be reported on your tax return. Capital losses cannot be claimed. The fair market value would be considered the new cost transferred into your TFSA.

A TFSA allows people to contribute and hold qualified investments in a tax sheltered account. Individuals can open more than one TFSA, but the total annual contributions cannot exceed the $5,000 maximum. A one per cent penalty per month is imposed on over-contributions.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Mutual funds still good bet

Investing

Recently investors have started to question whether mutual funds are as sound and as profitable as they once were. With many new alternatives to the traditional actively managed mutual funds such as index funds and ETF's, why should investors still look to mutual funds for their diversified investment portfolios?

The three main reasons why I purchase mutual funds for my clients are for diversification, gaining access to professional management and obtaining investments in parts of the world that I have less access to. If an investor has a smaller portfolio whereby it would be difficult to create a diversified portfolio out of individual securities, mutual funds can provide that diversification. Through a mutual fund an investor would not be investing their money into perhaps 50 or 100 different securities therefore lowering their risk.

A big positive for mutual funds is that they provide the average investor an opportunity to have an experienced money manager make all the changes to a portfolio on your behalf. You will not have to manage the money yourself.

"Certain international mutual funds provide access to investments in parts of the world we would not otherwise know much about while living in Canada."

Certain international mutual funds provide access to investments in parts of the world we would not otherwise know much about while living in Canada. Investments in Asia, Europe and South America, are a lot more difficult to make on your own than through someone that is experienced in investing in those regions.

Today there are many countries in the world that are outperforming Canada (e.g. China and Brazil). Canada as a country only makes up about three per cent of the world wealth.

The biggest criticism investors have against mutual funds is the MER (manager expense ratio) the mutual fund company charges on each fund. These fees tend to cost the average mutual fund investor between two per cent and three per cent each year. If you were to look at the average rate of return for some of the outperforming funds you will find that many have been producing well above the fee being charged.

Allan Small can be reached at asmall@dundeesecurities.com

Cops nab kicker

Steelers kicker Jeff Reed has been cited by Pittsburgh police for public intoxication and disorderly conduct outside a bar a couple of blocks from where the team beat the Cleveland Browns a few hours earlier. This is Reed's second brush with the law this year. Police say Reed will be mailed a summons to appear in city court. THE ASSOCIATED PRESS

Sports

Train derails race

A passing freight train forced the two leaders in Sunday's Des Moines Marathon race to wait for about a minute just 400 metres from the finish line. When the train finally passed, Kenyan Simon Sawe sprinted to a win in two hours 24 minutes 50 seconds. He won $3,000. Race director Chris Burch said yesterday it was an unfortunate circumstance beyond the control of race organizers. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Smyth's start boosts Olympic chances

VANCOUVER 2010 **Games**

With a nickname like Captain Canada, it was probably unwise to overlook Ryan Smyth.

The Los Angeles Kings forward is a veteran of numerous international assignments, but wasn't even mentioned as a bubble player any of the six times The Canadian Press has picked its 2010 Olympic team since February.

A hot start by Smyth has changed that in our seventh attempt.

Even though we still haven't placed him on our roster, he now heads the list of bubble players at forward. Overall, there isn't another Canadian that has seen his stock rise more than Smyth over the opening weeks of the regular season.

The five goals and 10 points he put up over the first eight Kings games before yesterday's contest at Dallas were among the highest totals by any player eligible to wear the Maple Leaf.

Smyth has also played more national team games than anyone else invited to the summer orientation camp, giving him good credentials as a potential role player on Steve Yzerman's Olympic squad in Vancouver.

Ryan Smyth

Pittsburgh Penguins goalie Marc-Andre Fleury (7-0-0, 2.10 GAA), Chicago Blackhawks winger Patrick Sharp (5-5-10) and Dallas Stars defenceman Stephane Robidas (2-3-5, plus-7) are among the other bubble players who attended the summer camp and have helped their cause with a strong start.

The list of orientation camp invites who have struggled is quite long.

Forwards Vincent Lecavalier, Simon Gagne, Jason Spezza, Ryan Getzlaf, Derek Roy and the now injured Milan Lucic have all failed to score so far. Eric Staal has just two goals and no assists, and is a minus-2 for the struggling Carolina Hurricanes.

THE CANADIAN PRESS

Canadian Press' Team Canada

Goaltenders

- Martin Brodeur (New Jersey), Marc-Andre Fleury (Pittsburgh) and Roberto Luongo (Vancouver).

Defencemen

- Chris Pronger (Philadelphia), Scott Niedermayer (Anaheim), Duncan Keith (Chicago), Shea Weber (Nashville), Jay Bouwmeester (Calgary), Dan Boyle (San Jose) and Brent Seabrook (Chicago).

Forwards

- Sidney Crosby (Pittsburgh), Rick Nash (Columbus), Dany Heatley (San Jose), Jarome Iginla (Calgary), Ryan Getzlaf (Anaheim), Vincent Lecavalier (Tampa Bay), Martin St. Louis (Tampa Bay), Joe Thornton (San Jose), Shane Doan (Phoenix), Mike Richards (Philadelphia), Jeff Carter (Philadelphia), Brenden Morrow (Dallas) and Jonathan Toews (Chicago).

Bubble players

- G Steve Mason (Columbus), D Stephane Robidas (Dallas), D Mike Green (Washington), D Drew Doughty (Los Angeles), F Ryan Smyth (Los Angeles), F Patrick Sharp (Chicago) and F Corey Perry (Anaheim).

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Bolt named to Order of Jamaica

TRACK The world's fastest man has received one of his Caribbean homeland's highest honours.

Usain Bolt received the Order of Jamaica award during yesterday's heritage celebrations in Kingston. At 23, Bolt is the youngest person to receive the honour.

Usain Bolt

Jamaica has also renamed a highway after the sprinter.

Bolt ran 9.58 seconds in the 100 metres at the world championships in Berlin in August. He ran 19.19 in the 200, breaking the records he set at the Olympics.

THE ASSOCIATED PRESS

NFL Bronco outruns Bolts

DENIS POROY/THE ASSOCIATED PRESS

Denver Broncos kick returner Eddie Royal outruns San Diego Chargers' Kris Wilson while returning a kickoff 93 yards for a touchdown last night in NFL action at San Diego. **For a complete recap, visit metronews.ca/sports**

Sports in brief

BASEBALL Japanese catcher Kenji Johjima has opted out of the final two years of his contract with the Seattle Mariners with the intent of continuing his playing career in Japan.The team had signed the 33-year-old catcher to a $24-million US, three-year extension that began last year.

NBA For $25,000 US, you can watch the New Jersey Nets from courtside — and have a player of your choice at your home, office, school or party. In a tough economy, it's the Nets' latest marketing effort to sell its pricey courtside seats. It's called 'Your Ticket to a Player.' For $25,000, the Nets are offering four courtside tickets for 10 games, parking, access to a private lounge at the Izod Center with free food and beverages.

NBA The benign growth in LeBron James' jaw made for a few nervous days earlier this year for the Cleveland Cavaliers superstar. James said yesterday he had to wait for biopsy results in January after doctors at the Cleveland Clinic found a growth in the right side of his jaw.

NFL Rex Ryan is sticking with Mark Sanchez as his starting quarterback despite the struggling rookie's five-interception performance in the New York Jets' loss to the Buffalo Bills.

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Briatore to challenge banishment
Former Renault team principal Flavio Briatore will have a Nov. 24 hearing in an effort to overturn his Formula One ban. Briatore was indefinitely barred for arranging for driver Nelson Piquet Jr. to deliberately crash at the 2008 Singapore Grand Prix to help teammate Fernando Alonso win the race. THE ASSOCIATED PRESS

Angels cut ALCS deficit to 2-1 with walkoff win

N.Y. leads series 2-1

Yankees 4 **Angels** 5 (11 ings)

AT

Jeff Mathis hit a two-out double in the 11th inning to drive home the winning run and the Los Angeles Angels survived a second straight thriller, beating the Yankees 5-4 yesterday and trimming New York's lead in the American League championship series to 2-1.

In a game full of missed chances for both sides, the Angels eventually rallied to hand the Yankees their first loss of this postseason.

Howie Kendrick homered, tripled and then singled with two outs in the 11th.

Mathis followed with his drive up against the left-field wall, and Kendrick slid home well ahead of a desperate throw.

Mathis, the Angels' backup catcher, came up with his third late-inning, extra-base hit of this crazy series.

"It's been up and down the last couple games," Mathis said. "Luckily we came out on top in this one."

Vladimir Guerrero also homered as the Angels overcame a midgame 3-0 deficit and four solo homers by the Yankees' stars, including Jorge Posada's tying shot in the eighth.

Game 4 goes tonight, with CC Sabathia pitching on three days' rest against Angels newcomer Scott Kazmir. Game 5 in the best-of-seven series is Thursday.

For the second straight game, the Angels and Yankees played into tense extra innings, stretching nerves and bullpens still frayed from Saturday's 13-inning, 310-minute Yankees' victory in New York.

Los Angeles wasted a golden opportunity in the 10th after putting runners at the corners with nobody out against Mariano Rivera, but the ace closer came through yet again, getting Torii Hunter and Guerrero with the bases loaded.

THE ASSOCIATED PRESS

For a recap of last night's NLCS game between the Dodgers and Phillies, visit: **metronews.ca/sports**

MARK J. TERRILL/THE ASSOCIATED PRESS

Los Angeles' Howie Kendrick reacts after scoring the game-winning run an a double by Jeff Mathis last night against the New York Yankees during the 11th inning.

second commercial skip function, 9-day programming guide and expandable recording capacity. Additional equipment required. (2) Based on independent survey conducted in April 2009 vs. Ontario's major cable provider. (3) Based on various Bell TV programming packages combined with Premium Movies, certain International programming, equipment rental and Bell Bundle discount

History's top Champions League clubs meet today in Madrid

SOCCER Facing former teammate Kaka and struggling to find any consistent form, AC Milan's morale would be lifted by a domestic victory as they travel to Real Madrid in the Champions League for a meeting of the two most successful clubs in the competition's history.

Milan beat AS Roma 2-1 in Serie A on Sunday with Brazilian stars Ronaldinho and Alexandre Pato on target to end a four-game winless run, and serve notice to Madrid that today's game at the Santiago Bernabeu stadium won't be a stroll for the Spanish club.

A nine-time winner of the most prestigious European competition, Madrid has also won six of its seven Spanish league games this season. Milan, which has claimed the European title seven times, has won only three of eight and is eighth in the Serie A standings.

To make things worse for the last Italian club to have won this title, Madrid has a maximum six points from two Group C games and Milan is back in third with three. Only the top two advance to the knockout round of 16.

Madrid rebounded from its first defeat of the season with a nervy 4-2 win over Valladolid on Saturday, with captain Raul Gonzalez scoring twice. Coach Manuel Pellegrini used internationals Gonzalo Higuain and Kaka as late substitutes to keep them rested for today's match, especially Kaka who will be Madrid's most creative danger against his former club with Cristiano Ronaldo out because of injury.

THE ASSOCIATED PRESS

ANTONIO CALANNI/THE ASSOCIATED PRESS

AC Milan forwards Ronaldinho, left, and Pato lead their side into an important Champions League match with Real Madrid today.

Sports in brief

SPEEDSKATING Cindy Klassen continues to impress in her return to competitive speedskating after she earned two more spots on Canada's World Cup team yesterday. The Winnipeg native finished third in both the 1,000- and 3,000-metre races at the World Cup selection trials. Klassen gained a spot in the 1,500 on Sunday.

RACING FIA presidential candidate Ari Vatanen said he will introduce a code of ethics to Formula One's governing body if he wins Friday's election. The Finnish candidate said yesterday that the code would cover all senior officials.

SOCCER Manchester United manager Sir Alex Ferguson has been charged with improper conduct after questioning a referee's fitness.

METRO NEWS SERVICES

Did you know?
Cash flow refers to the movement of money coming in and out of a business. It gives a picture of a business's "liquidity," or the ability to pay debts and purchase supplies. NEWS CANADA

Small Business

Do your research

One often overlooked source of financing is government programs, which include grants, subsidy programs and financing programs. Canada Business, canadabusiness.ca is a great resource to help locate and assess programs.
NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Family, friends can be investors

JON TATTRIE
for Metro Canada

After you've emptied out your piggy bank, turn to the "three Fs" to fund your start-up business, says Darrell Zahorsky, small business expert for About.com.

The Fs are "friends, family and fools," he says in an email interview. "Tap those close to you who know your track record and believe in you. Be serious about the business and they will seriously consider investing."

Building a base of solid investors is critical. "Be fully invested in your business, emotionally and financially," advises Zahorsky. "Investors want someone who is committed to the business in good times and bad. More importantly, they want to see that you have invested fully in your business. Why should they put their money at risk if you're not willing to do the same?"

Building a solid business plan is key when you're looking for investors.

Once you're up and running, be smart with how you spend your hard-earned (or hard-borrowed) money.

"The current recession has taught small business the harsh realities of tight money management," he says. "It's all about making your money work for you."

Flashy magazine or TV ads might make you feel great, but may not bring in as much money as the less glamorous process of networking and getting your friends to spread the word, Zahorsky says.

> **"Why should they put their money at risk if you're not willing to do the same?"**
> Darrell Zahorsky, small business expert

Shawn Cunningham, the manager of financing programs at the Centre for Entrepreneurship, Education and Development in Halifax, sees hundreds of fledgling businesses every year. The first step is a solid business plan, he says. You need that to give your company a map to follow and to convince others that you'll get to your destination if they invest.

CEED works with the Canadian Youth Business Foundation Program, Canada Small Business Financing Program, credit unions and the Atlantic Canadian Opportunities Agency. If you play your cards right, you can get $50,000 to start your enterprise.

Cunningham says it's critical to establish a "buffer of working capital" so that if costs run over or revenue is under, the business doesn't run out of financial fuel, seize up and die.

"It's easier to get that upfront then after you get into the business for several months and start running out of cash and you're in scramble mode," he says.

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EOE

relationship management

'No bad time' to start a business

ANDREA WOO
for Metro Canada

A number of government initiatives launched this year could be helping small businesses not only survive, but thrive, in the face of an economic downturn.

Julie King is the publisher and managing editor of canadaone.com, an Ontario-based website that focuses on growing and starting Canadian businesses. She says that as unemployment rates in Canada were rising, so too were the number of people starting their own businesses.

"There's definitely been an upswing," she said.

Katherine Roos, small business manager for the City of Toronto, agrees.

"Absolutely we see the relationship between the recession, unemployment and business creation," she said. "When there's an economic downturn, there are more people starting businesses to make employment opportunities for themselves."

According to Industry Canada statistics, there were 2.6 million self-employed workers in Canada last year, representing around 15 per cent of all employed workers in the country. The number reached an all-time high of 2.66 million in the fourth quarter of 2008 and decreased slightly to 2.63 million in the first quarter of 2009.

As unemployment rates in Canada were rising, so too were the number of people starting their own businesses.

A report by BMO Capital Market Economics released this month states that self-employment "has risen sharply during the financial crisis and ensuing recession, but it also reflects the growing number of retirees who shift to self-employment."

King says a number of new government initiatives launched this year to help small businesses through the recession. One is the federal Business Credit Availability Program, which is expected to make available $5 billion in loans and credit support to Canadian businesses. Another is the Work-Sharing program, which helps employers avoid laying off employees during periods of slow business activity by supplementing reduced wages with employment insurance benefits.

The Canada Small Business Financing Program, which encourages financial institutions to make their financing available to small businesses, also upped its limit to $500,000 from $250,000 in April.

"There's actually no bad time, ever, to start a business," said Roos, noting that Disney and Hewlett Packard both started during recessions. "There are always going to be opportunities. What I do say to entrepreneurs, though, is this is a more important time than ever to have a good business plan."

Cerina Wheatland, business adviser at Small Business B.C., emphasizes the importance of researching the market, choosing a good location and having enough capital at startup.

By the numbers

- According to a BMO report, B.C. and Alberta have the highest small-business intensity as measured by the per-capita number of small enterprises.

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Findings on fever prevention

Giving babies Tylenol to prevent fever when they get childhood vaccinations may make the shots a little less effective, new research suggests. The results make "a compelling case" against routinely giving Tylenol right after vaccination, say doctors from the U.S. Centers for Disease Control and Prevention. THE ASSOCIATED PRESS

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Healing cancer from the outside in

Appearance may seem trivial in a life-or-death situation — but it's not

Lipstick, moisturizer and a wig can't cure cancer. But beauty — and beauty products — can help heal wounded self-esteem, which often takes a big hit as patients undergo cancer treatment.

Experts say hair loss, skin discoloration and skin dryness can undermine an already physically difficult and emotionally draining process.

"Some days I didn't want anyone to see me or even have my husband look at me," says Michele VonGerichten, a breast-cancer survivor. "When you are waiting for your hair to grow, you spend a lot of time looking into the mirror, just waiting for a sign that you're going back to normal."

Survivors and counsellors both say the moment a person doesn't recognize herself in the mirror because of physical changes caused by treatment can be one of the lowest points of the process. VonGerichten says the minute she took charge and regained her beauty routine, her spirits improved.

While she hopes never to put on her wig again, she says she'll also never go back to the very long hair that she had before chemotherapy began last March. Her hair is now "a really short version of the Jamie Lee Curtis cut."

VonGerichten is one of 650,000 female cancer patients in the United States to participate in the 20-year-old Look Good, Feel Better campaign, sponsored by the Personal Care Products Council Foundation. Free to any cancer patient, the program offers tips from make-up and hair professionals from across the country on all things cosmetic: Topics include how to style a wig, tie a head scarf, fake eyebrows and even out discoloured skin.

CHRIS USHER/LOOK GOOD FEEL BETTER

Cancer survivor Nancy Lumb demonstrates the transformative potential of make-up and fashion.

(In Canada, Look Good Feel Better was launched at Princess Margaret Hospital in 1992, and more than 90,000 women have since participated in its workshops; see lookgoodfeelbetter.ca.)

"Looking good helps with confidence, which helps with stress, which helps immunity, which helps treatment."
Katherine Puckett, national director of the mind-body medicine program, Cancer Treatment Centers of America

Appearance might seem trivial in a life-or-death situation, but there are known links between stress and the immune system, notes Katherine Puckett, national director of the mind-body medicine program for the Cancer Treatment Centers of America.

"Looking good helps with confidence, which helps with stress, which helps immunity, which helps treatment," she says.

The CTCA works under the guideline that each phase of cancer treatment is connected to another, Puckett explains, and having a beauty salon on site is certainly part of that.

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WHAT TO EXPECT FROM YOUR FILLINGS

While we always hope to avoid having to treat tooth decay, the reality is that most of us will experience it at some point in our lives. One of the most common treatment options will be fillings.

There are a number of options in terms of the type of material your dentist will use for your filling. You may have a traditional amalgam filling or you could have some form of a composite or porcelain put in place. There are various advantages and disadvantages to each of these options so you should talk to your dentist to determine which one you find most desirable.

Once your filling is in place and the local anesthetic has worn off, you may experience some level of sensitivity with the filling. In particular, your tooth may be sensitive to pressure, air, sweets, heat or cold.

This will usually subside within a couple of weeks and you may be best advised to simply avoid those items which are problematic while also brushing with a toothpaste that reduces your sensitivity. If the problem persists, you should contact your dentist.

It is also important to know that fillings do not last forever. Perhaps wear and tear will cause the filling to lose its shape. This could become particularly problematic as it could leak and result in some decay of the underlying tooth. Your dentist may want to take x-rays of the area from time to time in order to observe what may be happening beneath the filling.

Dr. Martin LaBoissonniere
Dental Surgeon

Sometimes, depending upon the type of material used, the filling may corrode, tarnish, become stained, turn yellow or simply darken over time. Any of these conditions will likely lead to the fillings being replaced.

One thing you should be aware of is that it is not always possible to replace a filling. Often it is not possible to simply put a new filling in the exact space that housed the original one. The remaining tooth may not be strong enough to support that filling.

Your dentist may actually need to remove some more of the tooth in order to create a cavity that the new filling will fit into properly. If there is not enough of the original tooth remaining, replacing the filling may not be an option. Instead, you may have to consider other treatment options, such as a crown or even an implant.

The important thing to know is that, regardless of which option you have to go with, you can be assured that each option will leave you with a strong, functional tooth. Furthermore, with today's technology, you will be left with a tooth that is cosmetically appealing.

So if you have fillings, make sure you keep your dentist informed as to how they feel. Report any unusual sensitivity in the area as it may be a sign that your filling needs to be replaced. Because timely replacement of your fillings is a healthy habit…and healthier habits lead to healthier lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

Sleeping with the boss: Can you both behave like adults?

The J Spot

"I think it would be far better to admit these relationships happen and educate people about how to handle them responsibly."

OK, I know I said a couple weeks ago in the wake of the David Letterman sex scandal that we need to stop caring so much about who politicians and celebrities are sleeping with.

But now it's come out that Jimmy Kimmel may also be having an affair with one of his employees, I feel the need to address the whole sleeping-with-the-boss issue.

Some say bosses and employees shouldn't mix, end of story. The inherent power dynamic makes it unfair and unworkable. Others say if two adults consent to a relationship, it's none of our business — let them sort it out.

My feelings lie somewhere in the middle. Given that most of us spend more time at work than out socially, employer-employee romantic relationships will happen no matter what sanctions or rules we put in place to try and stop them.

And let's face it: Older, more experienced people in positions of authority are exciting, especially when you're young, inexperienced and without much power.

The problem is, things can very quickly go from: "Woohoo, I'm sleeping with the boss; I can do no wrong" to, "It's over, I'm suddenly powerless again — and I still have to be nice to the jerk in order to keep my job."

So, while forbidding employer-employee relationships isn't realistic, these kinds of relationships inherently come with a completely different set of playing cards.

And rather than be scandalized by them or try to stop them, I think it would be far better to admit these relationships happen and educate people about how to handle them responsibly.

For starters, both parties need to be honest about their motivations. As the boss, are you getting involved with an employee just because you wield the power to get away with it?

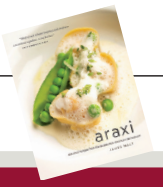
If things don't work out, can you be civil and fair or will you make his/her work life miserable?

As the employee, are you doing it to get ahead? Are you prepared for the judgment from colleagues who may feel you'll get preferential treatment?

Because unless you're both honest and realistic about the added complications or fallout that almost inevitably result from an employee-employer relationship, you'd better be prepared to fold early in the game.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Best in Canada
Celebrity chief Gordon Ramsay has described it as the best restaurant in Canada. Now home cooks can try to replicate what Ramsay describes as the "divine" food at Araxi, in Whistler, B.C., with the help of new cookbook Araxi by the restaurant's executive chef, James Walt. THE CANADIAN PRESS



Food

The Slow Cooker Collection, the newest book from the Canadian Living kitchen, has arrived. It's well stocked with family-pleasing everyday favourites and dishes that take the fuss out of entertaining. See recipes below for a first taste.

CANADIAN LIVING

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

From chilis to curries, take it slow

Slow cookers deliver reliable, delicious meals with ease

There's a love affair between Canadians and their slow cookers. I've heard them called everything from a "lifesaver" to a "marriage saver."

While I'm not sure I'd go quite that far, the slow cooker certainly has earned a spot in a growing number of kitchens. Bubbling away on the counter, it delivers reliably delicious braised and pot roasted dishes, sustaining soups, chilis, curries and pasta sauces, vegetables and much more. It even makes drinks, comfy desserts, dips and spreads.

Chicken Squash Curry, a recipe from The Slow Cooker Collection by Canadian Living.

Use a Dutch oven for this recipe

Sun-Dried Tomato and Artichoke Dip

This is a perennial party pleaser, one that's easy to make with pantry staples. Serve with a variety of crackers, pita chips and vegetables.

MAKES 3 CUPS

INGREDIENTS:

- 1 can (14 oz/398 ml) artichoke hearts
- 1 pkg (8 oz/250 g) cream cheese, cubed and softened
- 1/2 cup (125 ml) each sour cream and mayonnaise
- 1/4 cup (50 ml) grated Parmesan cheese
- 1/4 cup (50 ml) chopped drained oil-packed sun-dried tomatoes
- 1 clove garlic, minced
- 1/4 tsp (1 ml) pepper
- 2 tbsp (25 ml) chopped green onion

METHOD:

Drain artichoke hearts; pat dry and chop. Add to 1 1/2-quart (1.5 L) slow cooker along with cream cheese, sour cream, mayonnaise, Parmesan, sun-dried tomatoes, garlic and pepper; stir to combine.

Cover and cook on low, stirring twice, until blended and hot, about 2 hours. Sprinkle with green onion.

Chicken Squash Curry

MAKES 4 SERVINGS
PREP TIME: 8 MINUTES
COOK TIME: 26 MINUTES

INGREDIENTS:

- 2 tbsp (25 ml) vegetable oil
- 1 lb (500 g) boneless skinless chicken thighs, cubed
- 1 onion, chopped
- 2 hot green peppers, seeded and chopped
- 2 cups (500 ml) cubed seeded peeled butternut squash (about 1 lb/500 g)
- 3 tbsp (45 ml) mild Indian curry paste
- 1 can (28 oz/796 ml) diced tomatoes
- 1/4 cup (50 ml) chopped fresh coriander

METHOD:

In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.

In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.

Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.

Add tomatoes and bring to boil, scraping up brown bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

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Peter Rockwell

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Getting Corked

If you liked Sideways — the novel that became a hit movie about two buddies road tripping thier way through the vineyards of California's Santa Barbara County — then you're going to enjoy Kathryn Borel Jr.'s new book Corked.

Subtitled a memoir, it's a funny, well-written tale of a daughter, a father, their tour of France's famed wine regions and, of course, copious amounts of fermented grape juice that all reads tailor-made for the big screen.

Borel Jr. discovers as much about wine as she does about her dad on their journey, which got me thinking about which French wines would make the best introduction to some of that country's more complicated geography.

In Corked, the pair vist the Rhone Valley's famed Châteauneuf-du-Pape, and **Père Anselme's La Fiole du Pape ($39.95 - $43.99)** is a balanced, non-vintage red that offers a good dark berry interpretation of the appellation (perfect for gamier meats and heartier sauces) that comes in one groovy crooked bottle.

They also hit Burgundy where chardonnay rules the white vines. **Louis Latour's 2007 Bourgogne Chardonnay ($15.95 - $20.99)** sees no oak so it's all about bright, up-front fruit which makes it a fine partner for scallops and braised pork.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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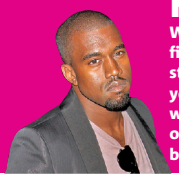
University of Ottawa Institute of Mental Health Research

Matthews, Chesney duet

Dave Matthews will join Kenny Chesney for a duet at this year's CMA Awards. Last week, it was announced that Daughtry — along with Vince Gill — would perform on the show, which airs Wednesday, Nov. 11. **PEOPLE.COM**

Entertainment



Kanye acts

We Were Once a Fairytale, a short film directed by Spike Jonze and starring Kanye West, was released yesterday. The movie shows West walking around a club while one of his songs plays in the background. **POPEATER.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

A day in the life of

Supermodel Rocha claims she's just a normal working girl

ELISABETH BRAW
for Metro Canada

At just 21-years-old, supermodel Coco Rocha is one of the world's top-earning fashion models.

Coco Rocha is the woman every girl dreams of becoming.

She's one of the world's top-earning supermodels. She's modeled for fashion houses like Marc Jacobs, Versace, Prada, Chanel, Louis Vuitton and Dolce & Gabbana. She's been cover girl for Harper's Bazaar and W.

Did we mention she's only 21? Rocha, born Mikhaila Rocha in Vancouver, was discovered by a talent scout at age 14. She's the co-producer, with fashion website Modelinia.com, of She's a Genius, a new music video celebrating fashion that's set to JET's song with the same name from their just-released album Shaka Rock.

Q **She's A Genius shows a day in your life. What's a day in your life really like?**

A I leave for work, take pictures, and go back home. It's not that glamorous. Sometimes I go to movies or go out for dinner. It's the life of a normal working girl.

Q **What does it take to become a supermodel?**

A You just have to be yourself. A lot of girls can't say no, but the most successful models are the ones who stick to their values. Many up-and-coming photographers put a lot of pressure on models, but more experienced photographers don't.

Q **Backstage photos usually show models smoking. How do you pass the time backstage?**

A I read books. I'm an old romantic type; I read books like (Jane Austen's) Sense and Sensibility. Right now I'm reading The History of Love.

Q **What is models' unhealthiest habit?**

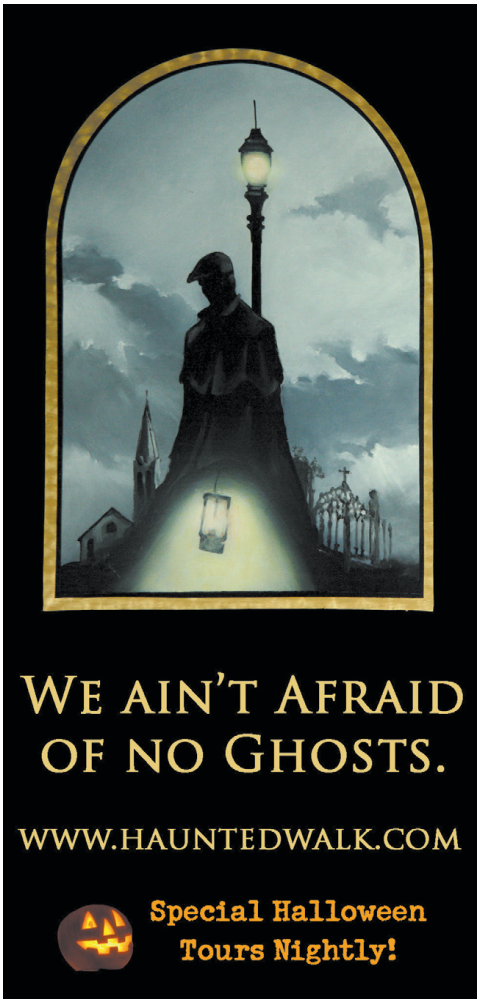
A I don't like to comment on other people's habits. But smoking doesn't make you any more successful in this business. Neither does not eating.

Q **How do you stay in shape?**

A I eat a lot of fruit and salads. I have a dancer's body, which is more muscular, I have to be especially careful with what I eat before shows. Muscles don't look good on photos. You just look fat.

Q **Advice to young girls?**

A If you don't love it, don't do it. Stick to your moral values. People will respect you, and you will respect yourself. Don't look at magazine covers and say "I want to look like her."... People don't realize how much editing goes into fashion photos.



Littrell back after flu attack

Just a week after catching the swine flu, Backstreet Boys' Brian Littrell is back to work! "I was pretty freaked out," he said. The infamous illness hit him just one day before the release of the boy band's new album, This is Us. INTOUCHWEEKLY.COM

DVD picks

Transformers: Revenge of the Fallen

Director: Michael Bay

MICHAEL BAY'S second Transformers saga delivers full-bore "Bayhem" like a brick to the forehead, with some tender love on the side, making this either the biggest blockbuster of summer '09 or history's loudest romance.

Watching this movie is akin to lying on the tarmac at Pearson International while a revving Airbus A380 rolls over you. A decoder wheel might have been helpful, since there are almost too many characters and too much plot in this film.

The relatively modest (by Bay standards) battle of the first Transformers is now all-out robot rumpus, with many more locations and a cast of clankers that will likely befuddle anyone who doesn't have a propeller attached to his beanie.

Optimus Prime, the 18-wheeler with a major Christ complex, still leads the good alien Autobots. But he's sidelined for much of the movie by a U.S. national security drone (John Benjamin Hickey) who represents Obama but acts like Bush.

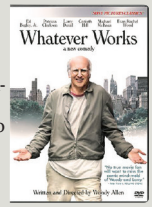
Optimus is still trying to convince his erstwhile earthling pal Sam Witwicky (Shia LaBeouf) to assist him in saving the universe, but Sam has other things on his mind: he's heading East to attend college and he's trying to get up the nerve to tell his girlfriend Mikaela Banes (Megan Fox) that he loves her.

The multitudinous DVD extras include a commentary by Michael Bay, Roberto Orci and Alex Kurtzman, numerous featurettes, a history of Transformers and, for the Blu-ray, a doc called "Giant Effing Movie" that pretty much says it all.

Whatever Works

Director: Woody Allen

THE WORLD makes no sense, even for a self-proclaimed genius like Boris Yellnikoff (Larry David). He admits he's no expert, though, because he bungled his own suicide.



If you don't see the humour, you're not likely to get Woody Allen's latest, his return to Manhattan after several years cinematically touring England and Spain.

A little sour lemon goes a long way, and Whatever Works threatens at first to choke on its own cynicism. Then Boris meets Melody (Evan Rachel Wood), a sweet but dumb-as-dirt runaway looking for a fresh start in New York.

As per usual with a Woody Allen DVD, there are no extras.

PETER HOWELL/FOR METRO CANADA

Simpsons celebrate 20 years

Forget red. The arrivals-line carpet leading into Barker Hangar was yellow — appropriate, given the night's honorees: Homer, Bart, Lisa, Marge and Maggie Simpson, all on hand to celebrate 20 years of The Simpsons.

Their series is the longest-running American sitcom, the longest-running American animated program, and it recently surpassed Gunsmoke as the longest-running American primetime scripted entertainment program.

"You know, it's really weird," noted Simpsons creator and series executive producer Matt Groening. "I mean, I thought the show would be successful. But the fact that we're still standing here some 20 years later and talking about it is very peculiar. But very happy."

Brace yourself for another Simpsons milestone, as matriarch Marge Simpson appears on the cover of November's Playboy, as well as in a three-page spread for the adult magazine.

The carpet was crammed with guest stars who've lent their voices to Simpsons episodes, including Robert Englund, the actor best known for playing Freddy Kreuger in the Nightmare on Elm Street movies, and one who appears eager to see more of Mrs. Simpson. Marge is hot — big hair and all," he confessed. "And I've loved (actor) Julie Kavner (who supplies the voice of Marge) since 'Rhoda.'"

THE ASSOCIATED PRESS

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In brief

TRIAL The father of Anna Nicole Smith's daughter says he was criticized by a prosecutor for his testimony about the role Smith's former boyfriend had in her medication. Larry Birkhead was questioned about the incident by a defence lawyer before his testimony resumed yesterday in a preliminary hearing that will decide if Smith's former boyfriend, Howard K. Stern, and two doctors will face trial. They are accused of illegally giving the former Playboy model controlled substances.

BOOK Wyclef Jean is working on a memoir. The solo star and former frontman for The Fugees is collaborating with Rolling Stone writer Anthony Bozza on a book — currently untitled — to be published by It Books, an imprint of Harper-Collins. Financial terms weren't disclosed and a release date hasn't been set.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
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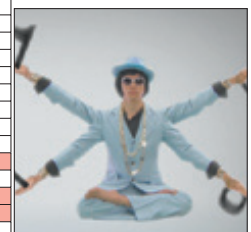
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/20/09	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		London Hospital (N)		The Quantum Tamers (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Code of Conduct"		NCIS: Los Angeles (N)		The Good Wife "Crash"		News Final
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Aveux (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Monk		Dancing With the Stars		(10:01) Wife Swap		Comedy Now
	196	311	7	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 4. (N)				Law & Order: SVU		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				The Jay Leno Show (N)		News
	117	713	10	TVA	Qui perd gagne (SC)		Destinées		À communiquer		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Bienvenue	Rire et délire	La Vérité choc		Private Practice (N) (SC)		Wipe Out	L'Attaque à 5 (N)	
	137	763	12	TFO	Panorama		Un monde de passions		*La Séparation* (1994, Com. dramatique)			Villages	CIA: guerres
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Code of Conduct"		NCIS: Los Angeles (N)		The Good Wife "Crash"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Foreign Domes
	214	344	15	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*Drowning Mona* ★★ (2000, Comedy) Danny DeVito.				*Croupier* ★★ (1998, Suspense) Clive Owen, Kate Hardie.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Shark Tank (N)		Dancing With the Stars		(10:01) the forgotten		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)		MLB Baseball New York Yankees at Los Angeles Angels of Anaheim. (HDTV) (Live)					MLB Postgame	FOX 2 News
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova (N) (DVS)		Frontline (N) (DVS)		Secrets of the Dead		Charlie Rose
	205	312	104	CTV	etalk	Hollywood	So You Think You Can Dance Canada Top 4. (N)				Law & Order: SVU		CTV News
news	502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Preview	MLB Baseball New York Yankees at Los Angeles Angels of Anaheim. (HDTV) (Live)							Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	SportsCentre	NHL Hockey Atlanta Thrashers at Montreal Canadiens. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Today	FullTiltPoker.net Million		X-Fighters		Score Now		Score Now
	411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
family	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
	554	544	48	TEL	*Scooby-Do*	Aloha, Scooby-Doo			Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion		The Daily Fix
	615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC Unleashed		UFC Unleashed		UFC Unleashed		Surviving
	521	560	34	TLC	Ultimate Cake Off		18 Kids and Counting		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids-Count
	145	761	35	TV5	Zoom animal		Pékin express				Avenirs	Hors série	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		*Tell Me No Lies* (2007, Suspense) Kelly Rutherford.				Bones (HDTV)		NCIS
	620	523	40	BVO	Buffy St. Marie		Live at the Rehearsal Hall		*Hank Williams: The Show He Never Gave* (1981, Drama)				Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	American Loggers (N)		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	601	562	45	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham: Arguing		Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Donnie Brasco* (1997, Crime Drama)		
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe "Dream Logic"		InnerSpace (N)
	581	566	53	MTV	Peak Season	Peak Season	Disaster Date	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	129	773	60	CD	Biographies "Daniel Pilon"		Mayday "Un Système en péril"		Images-chocs		Les Procureurs "Sans traces"		Sous haute
	261	394	61	V	Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)	I Prophesy	Poltergeist
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	How to Look Good Naked (N)		10 Years
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides	Moccasin Flats	Short Cuts
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Restaurant Makeover		Hell's Kitchen (N)		Good Eats (N)	Good Eats (N)	Iron Chef Am.

critics' corner

The Quantum Tamers

What's a quantum particle? If you can't answer that question now, you may be able to after watching this new special, airing in conjunction with the 10-day Quantum to Cosmos science festival in Waterloo, Ont. Scientists are studying potential applications of quantum particles.10 PM on 2 TVO



The Biggest Loser

The two teams head to the beach to dig for buried treasure; tickets home. But there's a surprise twist, because the "winning" team immediately is put in temptation's way, struggling to eat healthy and work out without their trainer's direct supervision. 8 PM on 15 CITY 9 NBC

Being Erica

Couldn't we all use one of these — a chance to relive a bad day and try to get it right? In this new episode, that's just what Dr. Tom gives Erica. She has the time of her life, but she soon comes to realize that there's a reason choices should have consequences in "Yes We Can." 9 PM on 8 CBC

What's hurting Jen?

Jennifer Love Hewitt and Jamie Kennedy aren't breaking up, despite a recent report that suggested Kennedy was still hung up on former flame Shannon Funk. "I'm not going to lie — it's not annoying, it's hurtful," Hewitt told People about the rumours. **POPEATER.COM**

Celebrity Buzz

Celebrity tweets

Marlee Matlin is having trouble with subtitles, Jamie Kennedy has some trouble with young eaters and Spencer Pratt sees opportunity in current events.

• @MarleeMatlin
I'm going to be like my pal Lou Ferrigno and go all Hulk on Netflix. No captions on a doc about the Deaf? OUTRAGEOUS! MAKE NOISE!

• @jamiekennedy
kids shouldn't be allowed to eat in public, until they learn to not throw donuts

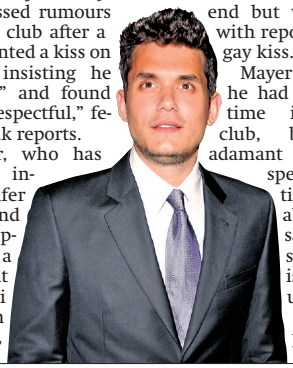
• @spencerpratt
these balloon boy parents should have just waited one more month to buy SPEIDI - HOW TO BE FAMOUS BOOK! try to get fame without is dangerous

METRO NEWS SERVICES

Mayer 'had a blast' at gay bar, but no kiss

SMOOCH CENTRAL John Mayer has dismissed rumours he fled a gay club after a partygoer planted a kiss on his lips — insisting he "had a blast" and found the crowd "respectful," femalefirst.co.uk reports.

The singer, who has dated stars including Jennifer Aniston and Jessica Simpson, enjoyed a night out at Toucan's Tiki Lounge in Palm Springs, California last weekend but was hit with reports of a gay kiss.



Mayer admits he had a great time in the club, but is adamant media speculation about a same-sex smooch is totally untrue.

In a post on his Twitter.com page, he writes, "Rumour check went to gay bar in Palm Springs, yes. Had a blast. Danced my face off. Someone there planted a kiss on me? No.

"I don't like the story painting gays as unable to control themselves. Found the crowd even more respectful than in a straight club. You know who the most flamboyant crowd is? Straight, drunk girls. They're like a bunch of little Charles Nelson Reillys."

METRO NEWS SERVICES

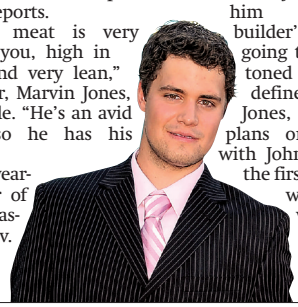
Levi's workout bad news for wildlife

MOOSE FOR MUSCLE How does Levi Johnston keep to the high-protein diet he needs to prepare for his upcoming Playgirl photo shoot? With a rifle, people.com reports.

"Moose meat is very good for you, high in protein and very lean," his trainer, Marvin Jones, tells People. "He's an avid hunter, so he has his own."

The 19-year-old father of former Alaska Gov. Sarah Palin's grandchild has adopted a 3,500-calorie low-carb diet as part of a grueling regimen to ready him for next month's photo shoot.

"I'm not trying to give him a body builder's look. He's going to be more toned and more defined," says Jones, 46, who plans on training with Johnston until the first or second week of November.



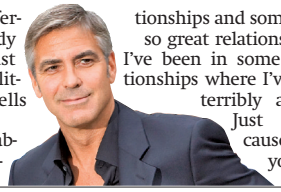
METRO NEWS SERVICES

Clooney's relationships like anyone else's

JUST ANOTHER GUY Despite his high profile and list of glamorous ex-girlfriends, George Clooney insists he's just like anyone else when it comes to relationships.

"I don't think my experiences are any different than anybody else's, they've just been amplified a little more," he tells the Mirror.

"I've had some absolutely great relationships and some not so great relationships. I've been in some relationships where I've felt terribly alone. Just because you're with someone, it doesn't mean you're incredibly happy and complete."



And just like anyone else, he says, he's had his share of breakups.

METRO WORLD NEWS

Perfume drama? Smells like LiLo

IT'S THE CAKE Lindsay Lohan caused a ruckus recently at a Victoria's Secret fragrance party, mistaking a cake in the shape of a perfume bottle for an actual perfume bottle.

METRO WORLD NEWS

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Today Showers 40% 14° / 2°
Wednesday Mainly sunny 10° / 4°
Thursday Showers 40% 12° / 8°

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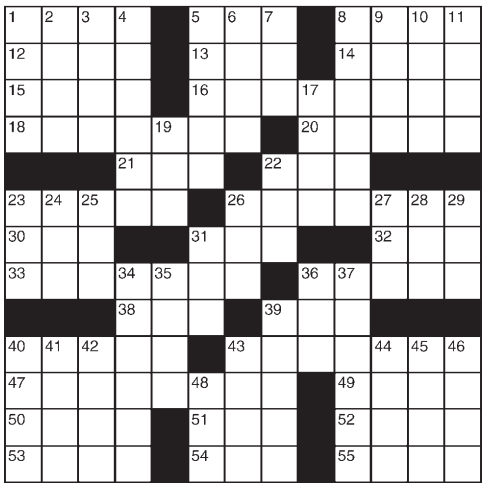
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Help in wrongdoing
5 Resort
8 Put together
12 Exceptional
13 Greek cross
14 Acknowledge
15 Dogged determination
16 Make clutter-free
18 Grove
20 Mississippi, e.g.
21 Antlered animal
22 Have a bug
23 Yonder
26 Disney World site
30 Symbol of intrigue
31 Shade tree
32 "Alley —"
33 Circled the Earth
36 Criticizes cleverly
38 Solidify
39 Cod piece?
40 Nary a soul
43 Husband of Eurydice
47 Plain
49 Wheelbase terminus
50 Glaswegian, for one
51 Work with
52 Queue
53 Maneuverable, to an old salt
54 In favour of
55 Airport schedule data (Abbr.)

DOWN

1 Jason's ship
2 Roseanne of comedy
3 Leif's father
4 Leash
5 Baby bird?
6 Crony, out West
7 Summertime abbr.
8 Envelope material
9 Tel —
10 Take a nap
11 Basin accessory
17 Seed covering
19 Pub order
22 Branch
23 Pair
24 That girl
25 Recede
26 Antiquated
27 "Smoking or —?"
28 Pooch
29 Chances, for short
31 Slithery swimmer
34 Set afire
35 Adolescent
36 Energy
37 Admit oxygen
39 Deep-fat device
40 Inquisitive
41 Killer whale
42 Smell
43 Approximately
44 Way out
45 Radius' neighbour
46 Witnesses
48 "— Wiederseehen"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6		1				8		4
	9		8		7		3	
4								5
		8	1		3	5		
	5						1	
		3	2		4	7		
3								6
	2		4		6		9	
9		6				3		8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	9	7	6	5	2	1	8	3
1	3	2	9	7	8	5	4	6
8	5	6	3	1	4	2	7	9
7	8	5	1	9	6	4	3	2
2	6	4	8	3	5	7	9	1
9	1	3	4	2	7	8	6	5
6	7	1	5	4	9	3	2	8
5	2	9	7	8	3	6	1	4
3	4	8	2	6	1	9	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Southwestern Corn Chowder

INGREDIENTS:

4 boneless skinless chicken breast halves, cut into 3/4-in. (2 cm) cubes
1 medium onion, cut into thin wedges
1 tbsp (15 ml) vegetable oil
2 tsp (10 ml) ground cumin
2 cans (14 oz./398 ml each) chicken broth
1 package (10 oz./300 g) frozen corn
3/4 cup (175 ml) picante sauce
1/2 cup (125 ml) chopped sweet red pepper
1/2 cup (125 ml) chopped green pepper
2 tbsp (25 ml) minced fresh cilantro
2 tbsp (25 ml) cornstarch
2 tbsp (25 ml) water
Shredded Monterey Jack cheese

METHOD:

1. In 3-qt. (3 l) pot, cook chicken and onion in oil until chicken juices run clear. Stir in cumin. Add broth, corn and picante sauce; bring to boil. Reduce heat; cover and simmer 15 minutes. Stir in peppers and cilantro.
2. Combine cornstarch and water until smooth; stir into soup. Bring to boil; cook and stir 2 minutes or until slightly thickened. Spoon into bowls; top with cheese.

SERVES 7

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
There may be challenges aplenty in your life but the planets indicate that you need to pick your challenges carefully.

TAURUS ♉
APRIL 21-MAY 21
Try not to make decisions for others today because no matter how well intentioned they may be they won't be appreciated.

GEMINI ♊
MAY 22-JUNE 21
Someone you meet socially will open your mind to new possibilities. One little shove will take you off on a brand new adventure.

CANCER ♋
JUNE 22-JULY 22
You need to balance your desires with a large dose of common sense. The planets warn you could easily be fooled today.

LEO ♌
JULY 23-AUG 23
You should know by now that the best way to help yourself is to help others and what happens next will provide you with opportunities.

VIRGO ♍
AUG 24-SEPT 22
Did something go wrong for a particular reason? Or was it just one of those things that no amount of preparing and planning could prevent?

LIBRA ♎
SEPT 23-OCT 23
The pace of life may not be so hectic physically now but your mind is moving faster than ever.

SCORPIO ♏
OCT 24-NOV 22
Something happened recently that looked like a setback, but now you can see it makes very little difference to your long-term plans.

SAGITTARIUS ♐
NOV 23-DEC 21
Have faith in your own ideas even if they turn people against you: It is inevitable when coming up with new ways of looking at the world.

CAPRICORN ♑
DEC 22-JAN 20
If you want to make a name for yourself now is the time to stop thinking and start doing those things that will get you noticed.

AQUARIUS ♒
JAN 21-FEB 18
Today's Mercury-Jupiter link-up gives you a huge advantage in that it helps you see things way ahead of everyone else.

PISCES ♓
FEB 19-MARCH 20
You are too close to a situation emotionally to be able to take a rational view of how what needs to be done to make it go better.

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This day in history

1818: The Convention of 1818 signed between the United States and the United Kingdom which, among other things, settled the Canada – United States border on the 49th parallel for most of its length.
1944: The Soviet Army and Yugoslav Partisans liberate Belgrade, the capital of Yugoslavia.
1947: The House Un-American Activities Committee begins its investigation into Communist infiltration of Hollywood, resulting in a blacklist that prevents some from working in the industry.
1968: Former First Lady Jacqueline Kennedy marries Greek shipping tycoon Aristotle Onassis.

METRO NEWS SERVICES

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AIR CANADA VACATIONS

Halloween deals starting at $599

Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Oct. 31 • 1 wk.
$599
Taxes & other fees (including service charges): $323
UPGRADE to the Royal Club luxury room for only $229 per person

Los Cabos via Toronto
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 9 – 30 • 1 wk.
$1199
Taxes & other fees (including service charges): $285

Santa Clara
Barceló Cayo Santa Maria Beach Resort • 4★
All-Inclusive • Junior suite
Dec. 20 • 1 wk.
$1329
Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Samana via Toronto
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Nov. 1 – 29 • 1 wk.
$669
Taxes & other fees (including service charges): $318

Puerto Vallarta via Toronto
Hacienda Hotel, Spa & Beach Club • 3★
All-Inclusive • Standard rm.
Dec. 5 • 2 wks.
$1199
Taxes & other fees (including service charges): $284

Turks & Caicos
Comfort Suites • 2 1/2★
Continental breakfast
Junior suite - Run of the house
Dec. 21 • 1 wk.
$1449
Taxes & other fees (including service charges): $218

Cancun / Riviera Maya
Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Jan. 9 • 1 wk.
$1109
Taxes & other fees (including service charges): $243

Santa Clara
Occidental Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal Hideaway Spa
Jan. 10 & 17 • 1 wk.
PRIVILEGES
$1239
Taxes & other fees (including service charges): $212
Departure tax: 25 CUC cash, paid locally

Beaches Turks & Caicos Resort Villages & Spa
EARN UP TO 5,000 BONUS AEROPLAN MILES[‡]
Luxury Included® Vacation for Everyone
Turquoise deluxe rm.
Dec. 21 • 1 wk.
$3969
Taxes & other fees (including service charges): $218

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3★
Breakfast
Standard rm. special
Dec. 8 & 9 • 4 nts.
$627
Taxes & other fees (including service charges): $400

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Royal Caribbean International[1]
EARN 2,500 BONUS AEROPLAN MILES PER MEMBER[2]
Explorer of the Seas®
Eastern Caribbean Cruise
Flights to New York
Interior stateroom, cat. L
Dec. 11 • 9 nts.
$1329
Taxes & other fees (including service charges): $228

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$1299
Taxes & other fees (including service charges): $264

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
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